



# Ela Township 55+

*January, February and March 2023*



**Ela Community Center 380 Surryse Road, Lake Zurich 60047**

**Susan Dillon, Community Programs Director**

**847-438-9160**

**[elatownship.org/seniors](http://elatownship.org/seniors)**

**Ela Township 55+ on**



**Center Hours: Monday–Friday 8:30am – 7:00pm**

### **Ela 55+ Mission Statement**

*Ela Township 55+ is dedicated to providing the highest quality recreational, social and supportive services to adults 55 and older residing in Ela Township. It is our goal to foster a warm environment where individuals can explore and enjoy activities and services designed to meet the needs and enrich the lives of our diverse older adult population.*

**CENTER CLOSED JANUARY 2, 16; FEBRUARY 20**

# GENERAL INFORMATION

## Join Ela 55+

Membership to Ela 55+ is free to ALL adults 55 and older that reside within Ela Township. To register: come to the Ela Township Community Center with valid ID and current utility bill

### NON-RESIDENT MEMBERSHIP

All Non-Residents must pay their 2023 Annual Fee prior to registering for any programs. For an annual rate of \$35 per person, those residing outside of Ela Township can enjoy the “no-fee” based programs and services offered to Ela Residents. Non-Residents must pay the Non-Resident rates on all fee based programs.

### MEET THE ELA COMMUNITY CENTER STAFF



**Susan Dillon**  
Community Programs  
Director



**Jim Dalbec**  
Assistant Community  
Programs Director



**Joseph Cacciatore**  
Youth Coordinator



**Lisa Gaggiano**  
Resource Specialist



**Corey Pilkington**  
Nutrition Specialist

### TABLE OF CONTENTS

Misc. Info.....	2
Youth Programs.....	3
Services & Events.....	4-5
Special Events.....	6
Volunteer Info & Programs.....	7
Day Trips & Cuisine Club.....	8-9
Men’s Programs & Trips.....	10
Health & Wellness.....	11
Ela Eatery Menu.....	12
Lunch & Learns.....	13
Ela U.....	14
Think Tank.....	15
Programs & Classes.....	16-17
Evening Programs.....	18
Friday Fun Nights.....	19
Classes & Clubs.....	20
Long Distance Travel.....	21-23
Registration.....	24-26
Calendar Page.....	27



**Laura Kulawik**  
Evening Coordinator



**Lynn Neumaier**  
Registration Specialist



**Barb Orchard**  
Day Trip/Event Specialist

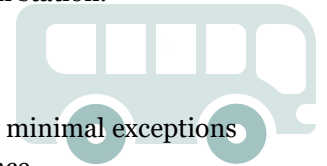
### ELA TOWNSHIP BUS SERVICE

Need transportation for shopping, errands, doctor, dentist or hair appointments? Ela Township Bus Service is offered to Ela Township residents who are 55 years or older and/or handicapped. Ela Bus Service also provides transportation to the Barrington and Palatine train station.

**Call 847-438-6677 to schedule a pick up!**

#### Bus Guidelines:

- Service area includes all of Ela Township with minimal exceptions
- Must schedule rides at least 24 hours in advance
- \$2 per one-way trip/\$4 round trip/\$1 for each additional stop
- Exact money only
- Pickups begin at 8:30am. Appointments should not be scheduled prior to 9:15am
- Reservation lines open Monday-Friday from 8am to 1pm to reserve your pick up



**Masking is optional throughout the Ela Township Community Center. Please respect each other’s choices when it comes to masking. We are all working through this together. If conditions change, masking policy may change as well.**



# YOUTH PROGRAMS



Meet Joseph Cacciatore, Ela Township Youth Coordinator. Joe runs several programs that are designed to keep kids engaged, active and social. Here are some of the Ela Township Youth Department Programs that run throughout the year. If you have any questions, call Joseph Cacciatore at **847-438-9160** or email him at [youth@elatownship.org](mailto:youth@elatownship.org).

## Ela Township Homework Club 2023-2024 Kindergarten - 5th Grade



Homework Club is our after-school program offered to the youth in Ela Township. Children engage in daily activities such as completing homework, playing games, making crafts, and building friendships. The goal of Homework Club is to provide children with a safe and enjoyable environment for them to grow academically and socially. Look for registration to come out in 2023!

**When?** After school on Mondays through Fridays until 5:30 pm, *when* Lake Zurich CUSD 95 is in session  
**Where?** Ela Township Community Center, 380 Surryse Road, Lake Zurich, IL 60047

## SafeSitter and Safe@Home

**SafeSitter Essentials** is a program designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. This class is filled with fun games and role-playing exercises. By the end of this day-long program, students will cover safety skills, child care skills, first aid and rescue skills, and life and business skills.

**Class Dates: January 21, & March 11 Fee: \$60pp**

**Safe@Home** is designed for children in grades 4-6 to prepare them to be safe when they are home alone. This 90-minute program that teaches how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies.

**Class Dates: February 17, 2:30—4:00pm (District 95 Early Release) Fee: \$25pp**

**\*All classes need minimum of 8 participants.**



## Spring Break Camp

Ela Township Spring Break Camp is a 5-day exciting camp where participants will have daily field trips, crafts, group games, and much more. Sign up for the days you need! Camp days start at 8:30am and run until 4:30pm.

Spring Break Camp takes a maximum of 48 campers daily, and it is a first come, first served basis. You must be a resident of Ela Township to attend. Must have at least 20 participants for the day to run.

**Who?** Kids in Kindergarten—5th grade that reside in Ela Township

**When?** March 27-31

**Where?** Ela Township Community Center, 380 Surryse Rd. Lake Zurich, IL 60047

**Cost?** \$50 per day per child

## Shooting Stars Summer Camp

Ela Township Shooting Stars Summer Camp is a great opportunity for your kids to join in weekly field trips, group games, weekly crafts and activities, and socialize with other kids in Ela Township while school is out for the summer! Sign up for the weeks you need! Camp days start at 8:30am and run until 4:30pm. Look for registration to come out in early 2023!

Shooting Stars Summer Camp takes a maximum of 48 campers weekly, and it is a first come, first served basis. You must be a resident of Ela Township to attend. Must have at least 20 participants for the week to run.

**Who?** Kids entering 1st—6th grade that reside in Ela Township

**When?** June —August 2023

**Where?** Knox Park in Lake Zurich. Located next to Ela Town Hall 1155 IL-22, Lake Zurich, IL 60047

# SERVICES

## Ela Township 55+ Senior Resource Services



Our senior resource office assists Ela Township residents with many programs and links them with services to promote independence and a sense of well-being. Lisa Gaggiano or Laura Kulawik, our Senior Resource Specialists, will help you in any way possible.

- *SNAP (Food stamp program)*
- *Benefit Access Program/Discount on license plates and Ride Free RTA pass*
- *Senior Health Insurance Counseling and Education (SHIP)*
- *Pharmaceutical Assistance Program*
- *Extra Help/Medicare Savings Program Screening and Application Assistance*
- *Trained by the Illinois Department on Aging*
- *As always, SHIP counseling is **FREE!***

**Call to schedule your telephone, zoom or in person appointment. 847-438-9160**  
**lisag@elatownship.org or laurak@elatownship.org**

## ONE TO ONE HELP



*There are so many things to think about as we age. Each who, where, what, when and why question can be overwhelming. Advanced planning is key to so many of these questions and it will help ease your mind.*

**Tools we will help you complete:**

- **5 Wishes**
- **Comprehensive Decision Guide for End of Life**
- **Pre Estate Planning Questionnaire**
- **Assistance with Housing Options**

## SUPPORT

### Alzheimer's Caregivers Support Group

*Facilitated by Lisa Gaggiano*

**Tuesdays:** January 3, February 7, March 7  
7:00—8:00pm at Ela Area Library 2nd floor

***This is a safe place for caregivers, family and friends of persons with dementia to:***

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



**No Charge Registration suggested/walk-ins welcome**

### Parkinson's Support Group

*Facilitated by Laura Kulawik*

**Wednesdays:** January 11, February 8, March 8  
6:00—7:00pm Ela Township Community Center

***Open to those diagnosed with PD, family and friends and caregivers.***

Being part of a support group can be one of the most effective ways to reduce stress while connecting with others who relate to your experiences. Care partners and family members benefit by sharing questions and concerns with like-minded others. Join us to share resources, education and first hand experiences.



**No Charge Registration Required**

### Death Café

**Friday, January 20, 12:30 — 2:00pm**

For most of us, death is a taboo and uncomfortable subject. All are invited to engage in what will hopefully be an enjoyable and connected experience in considering what it means to be mortal. Join us for a thoughtful discussion about the end of life and share your experiences, thoughts, and fears about death in a relaxed setting. **No Charge Registration Required**



**CENTER CLOSED JANUARY 2, JANUARY 16, FEBRUARY 20**

## SERVICES & EVENTS

# MEDICARE & YOU

Understanding Your  
Medicare Choices

**Schedule your Appointment Today!**

**847-438-9160**

Lisa Gaggiano, [lisag@elatownship.org](mailto:lisag@elatownship.org)

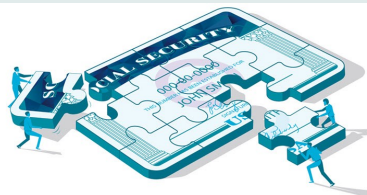
Laura Kulawik, [laurak@elatownship.org](mailto:laurak@elatownship.org)

*We love the challenge of trying to save you \$\$\$\$*

**Medicare 2023 ...  
What's New, What's for You?**  
Wednesday, February 8  
6:00—7:00pm

Come get your Medicare questions answered. Find out what is new in 2023 and what changes will affect you.

**No Fee      Registration Required**



**What's New In 2023  
With Social Security**  
Wednesday, January 18  
1:00 — 2:30pm

Social Security Specialist, Megan Forristall will help you keep up to date with the latest Social Security changes. This presentation will provide an overview of the changes with Social Security and Medicare in 2023, as well as provide an overview of Social Security online services.

There will be a Q&A at the end.

**No Charge      Registration is required**

## COVID BOOSTER VACCINE CLINIC

**Friday, January 13**  
8:30am—Noon

### Here are the rules:

- Only those with an appointment will be accepted, no walk-ins
- Call 847-438-9160 January 3-6 to schedule your appointment and indicate vaccine type.
- You **MUST** bring your insurance card
- You **MUST** indicate Pfizer or Moderna booster
- **EVERY REGISTRANT WILL RECEIVE A 10% OFF GROCERY COUPON FROM JEWEL!**



## Tech Help with Jim

*Have a portable device you are not sure what to do with?  
Don't have a clue how to use it?  
Got an issue with your phone?*

Make an appointment with Jim for some help with your technology.  
**All devices must be portable.**

# SPECIAL EVENTS

## ART SHOW

### Ela Art Show

Friday, March 24

5:30 – 8:00pm

Ela Township Community Center

Ela 55+ is proud to return with our talented local artists! Join us as we toast painters, photographers, sculptors, quilters, needle workers and artists of all mediums.

This will be an evening event; with light snacks and a cash bar. **Fee: \$5/person At the door: \$7/person**

***Do you paint, draw, take photos, stitch or work in any art medium? This is your chance to share your talent. If you are interested please contact the staff at the Ela Township Community Center, and make a note on your registration page. Don't be shy, sign up today!***

  
**WE NEED  
YOU  
TO JOIN  
OUR  
CREW**

## PURPLE PLUNGE

### *Join Team Ela*

Local Chapter of The American Cancer Society

Breezewald Park, Lake Zurich

Saturday, March 4

9:00am

Once again, we are Freezin' for a reason! Please join the Ela 55+ team in taking a brisk Plunge into Lake Zurich...or at least get your feet wet. **All** proceeds benefit the local chapter of the American Cancer Society.

***Raise dollars that will stay right here to benefit folks in your own neighborhood.***

Don't want to get wet? No problem, help sponsor our team.

If you're interested, call Jim at 847-438-9160 or e-mail at [jimd@elatownship.org](mailto:jimd@elatownship.org)

community **stronger than cancer**



## Eating Around the World

*Join us for these casual lunches to enjoy foods from around the world, and friends from around the corner.*

### **Chinese Cuisine**

Wednesday, January 18, 12:00—1:00pm

**Fee: \$10 Resident/ \$15 Non — Resident**

### **Italian Cuisine**

Wednesday, March 22, 12:00—1:00pm

**Fee: \$10 Resident/ \$15 Non — Resident**

## Ela 55+ Gift Certificates

*Not sure what to give someone for the holidays?*

*An Ela 55+ Gift Certificate will please even the pickiest...maybe even you!*

*Suggest them to your family members who don't know what to get you!*

*Gift certificates are available in any denomination, never expire and are good for anything at Ela 55+ except long distance travel.*



*Our Volunteers are ordinary people with extraordinary hearts! You offer time to answer phones, visit others, work in the kitchen, set up and take down for events, and the list goes on. You expect no pay, yet the VALUE of your work knows no limit. You've planted tiny seeds of love in countless lives! Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a life time. Thank you!*

## **Ela Township Community Center Needs You!**

- **Reception Desk: Afternoon Shifts Needed. Fill in for days off**
- **Kitchen Aide: Plating, serving and washing dishes**
- **Friendly Home Visitor: Provide social visit to those who can't get out**
- **Good Shepherd Hospital: Sew and stuff pillows, make cards, provide hand massages, and more**
- **Card Making Program: Writing out cards to our members who have been unable to make it to the center in awhile. Just sending a friendly hello!**
- **Bulletin Boards: Help create and maintain throughout Community Center**
- **Driving Homework Club Bus: 14 Passenger, no CDL required**

*Please Sign up on the registration form  
Contact Laura Kulawik at 847-438-9160, laurak@elatownship.org*

### **Pillow Making Workshop**

**Friday, February 10, 10:00am – Noon**

Let's stuff, and sew pillows for patients who deserve a little comfort at Good Shepherd Hospital. Good Shepherd Hospital Auxiliary will supply the materials and we will host the workshop here at the Ela Township Community Center.

**No Charge    Registration Required**



## **Ela Township Lending Closet**

***Did you know that Ela Township has a Lending Closet?***

Here's just a snippet of what we have:



- Walkers (with or without wheels)
- Crutches
- Canes
- Wheelchairs
- Toilet risers
- Shower chairs

Donations of *clean*, gently used equipment are also appreciated. Contact our Ela Township Health and Wellness Department to inquire about availability (847)540-8380.

**Ela Township Town Hall:** 1155 E. Route 22, Lake Zurich, IL. 60047

**CENTER CLOSED JANUARY 2, JANUARY 16, FEBRUARY 20**

# DAY TRIPS

## Milwaukee At Its Best

Milwaukee, WI

Wednesday, January 25

8:30am – 5:30pm

Get ready for a DAY of FUN! FUN! FUN!

It's a long time since we've been able to head to Milwaukee and hit the town running. So buckle up and get ready to enjoy some of Milwaukee's finest.

Enjoy the amazing architectural feat of the entire roof of the Milwaukee Art Museum's "wings" opening at 10:00am (weather permitting). Next, we will step inside to enjoy a docent lead tour of this hidden art gem. Next, we are on our way to the Grohmann Museum, home to the world's most comprehensive art collection dedicated to the evolution of human work. All this enlightenment is sure to work up an appetite! No worries, next stop is the Public Market for lunch on your own. Bursting with high quality selections of artisan & ethnic products and freshly-made prepared foods you will have over 15 options for lunch to choose from, as well as, a great chance to pick up some items. We are not done yet. Last stop on this whirlwind tour is Pabst Brewery. Tour this Milwaukee icon and end the day with an ice cold pint of beer.

Meet at the Community center at 8:15am to pick up your lanyards and depart at 8:30 am

Fee: \$85 Resident/ \$95 Non-Resident



Fee includes all entrance fees, docent costs and tips, deluxe coach transportation and drivers tip.



## One Night in Memphis

Des Plaines Historic Theater

1476 Miner Street, Des Plaines

Sunday, February 5

5:00pm

There's a whole lot of shakin' going on! Get ready for a night of rockabilly, country, gospel and pure 1950's rock and roll with "One Night in Memphis" - a high energy concert that takes you back to December 4, 1956, the night when four of the biggest names in early rock and roll -- Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash – gathered together for an impromptu jam session at the legendary Sun Studios in Memphis. Food, snacks and alcohol are available for purchase.

Fee: \$40 Resident/ \$47 Non-Resident

This is a "Self Drive" event... or car pool.

Transportation via an Ela bus is available for \$10/person on a first come first served basis, space is limited. The bus will pick up at the Ela Community Center at 4:00 and will return to the center immediately following the performance.





## DAY TRIPS

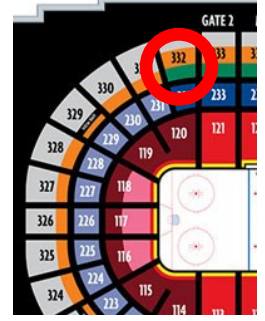


### Intergenerational Trip

#### Chicago Blackhawks vs Vancouver Canucks

Sunday, March 26, 2023

1:30pm – 8:30pm (approx. time)



All ages are welcome for this amazing opportunity to see the Chicago Blackhawks play AND get a tour of their Training Facilities and Locker Room! First, all guests will enjoy a pregame buffet featuring entrees, sides, desserts, soft drinks and water (cash bar available). Then any interested guests can skate on the practice ice (skate rental included) and get a tour of the locker room and entire training facilities. Finally, we'll head to the United Center Across the street to watch the Blackhawks battle the Canucks (seats in Section 332).

**Depart from Ela at 1:30pm; Practice Facility from 2:30–4:30pm; Game at United Center at 5:00pm**

**Fee: \$110 Resident / \$120 Non-Resident**

**Fee includes: cost of the ticket, tour of practice facility, buffet, open skate, motor coach, and driver tip.**

## CUISINE CLUB



### Vault 232

Thursday, January 19, 12:00pm

35 W. Main Street, Lake Zurich

847-438-4900

*Have you ever had a meal in a bank vault? Now is your opportunity.*

Come join us at The Vault 232 in Downtown Lake Zurich. Nestled in the heart of downtown, VAULT 232 was once a bank built in the 1930's and it has been meticulously renovated to preserve its original features.

You will have your menu choices which will be sure to please your palette: Salads with chicken or lox, shrimp po'boys, or maybe you would like a waffle crusted chicken sandwich. Dessert will be a dish of ice-cream with a churro. Soft drinks, coffee and tea are included and of course a cash bar.

**Fee: \$35 Resident / \$40 Non-Resident**

**Register by January 12.**

**Self Drive Event**



### Cooper's Hawk

Wednesday, February 22, 12:00pm

20423 N. Rand Road, Kildeer

224-354-1300

Shake off the winter blues and join us at Coopers Hawk. Cooper's Hawk has created a modern, casual dining experience with warm hospitality in an inviting upscale setting. Everyone will start off with soul-warming chicken tortilla soup. Next choose from: *Dana's Parmesan-Crusted Chicken* or *Soy Ginger Atlantic Salmon* for your entrée. End your visit with *Salted Caramel Crème Brûlée*. Coffee, tea and soft drinks are included and a cash bar is available to try some delicious wines.

**Fee: \$35 Resident / \$40 Non-Resident**

**Register by February 15.**

**Self Drive Event**



### Mambo Italiano

Thursday, March 16, 12:00pm

748 S Butterfield Rd, Mundelein

847-281-9100

For the past 18 years, this family owned restaurant, takes great pride in using the finest ingredients. Upon arriving you'll be given a 4-course menu. To start, the appetizer is Bruschetta with a house salad served next. It'll be hard to make your entrée choice from the 4 options provided; Chicken Limon, Chicken Marsala, Eggplant Parmigiana, Rigatoni and Vodka sauce. Save room for the decadent dessert tray. Soft drinks, iced tea and coffee are included. Cash bar.

**Fee: \$35 Resident / \$40 Non-Resident**

**Register by March 9.**

**Self Drive Event**

# MENS PROGRAMS

**Macho Man Exercise Class**  
**Wednesdays**  
**1:00 – 1:45pm**



Come join in our MEN ONLY exercise class. This class is a fun filled exercise class utilizing chairs, standing moves, cords and weights. This is a great way to become stronger, improve balance and coordination plus have fun while exercising to music.

Punch Card Class. See Health & Wellness page.

**Men of Genius**  
**Fridays**  
**9:00 – 10:00am**

Enjoy coffee and light snacks as you and fellow “genius” gentlemen chat about whatever comes up. From health and wellness to sports; music to war; weather to women.

**Registration is required. No Charge**

**Bagger**

**Fridays Noon – 1:00pm**

Immediately following, “Men of Genius,” come play some Bagger in our Activity Room. We have the boxes and bags, all you need to bring is your aim!

**Registration is required. No Charge**

## MENS TRIPS



**Holocaust Museum & Portillo’s**  
**9603 Woods Dr, Skokie**  
**Friday, February 24, 9:15am – 1:30pm**



The mission of Illinois Holocaust Museum & Education Center is: Remember the Past, Transform the Future. The Museum is dedicated to preserving the legacy of the Holocaust by honoring the memories of those who were lost and by teaching universal lessons that combat hatred, prejudice, and indifference. We will tour the facility and then head over to Portillo’s for lunch afterward.

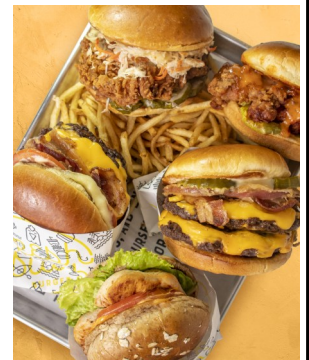
**Arrive at Ela Community Center at 9:00am.**

**FEE: \$5 Resident / \$8 Non-Resident (Ride Included) LUNCH IS ON YOUR OWN**



**Fresh Stack Burger**  
**Village Square, 20413 N Rand Rd, Kildeer**  
**Tuesday, March 14, 12:00–1:00pm**


At Fresh Stack they serve the freshest and locally sourced ingredients possible. Every burger patty is hand-rolled in-house and then hand-pressed on a high-temp griddle and served on a buttered and toasted brioche bun, with house made sauces and fresh produce. The chicken is pickle brined and then drenched in buttermilk for 24-hours. Once it’s properly tenderized, it’s double fried to order. We will meet up for some lunch before heading back home.



**FEE: LUNCH IS ON YOUR OWN (Ride for \$5)**



# HEALTH AND WELLNESS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
MORNING MOVERS 9:00—9:45am NO CHARGE	INTERVAL TRAINING 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE	CARDIO STRENGTH 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE
YOGA 6:00—6:45pm		 CHAIR YOGA 10:00—10:45am MACHO MAN 1:00—1:45am	STRICTLY SITTING 10:00—10:45am	RESTORATIVE YOGA 10:00—10:45am

NEW EXERCISE PUNCH CARDS : **10 Punches \$30 Resident/\$40 Non-Resident**  
**20 Punches \$60 Resident/\$80 Non-Resident**

**PLEASE BRING A WATER BOTTLE AND WEAR CLOSED TOE ATHLETIC SHOES**  
**BRING CHANGE OF SHOES...DO NOT WEAR SHOES IN SNOW AND TO CLASS**

### MORNING MOVERS: NO CHARGE

**MONDAYS, WEDNESDAYS, FRIDAYS 9:00 – 9:45am**

Designed for all levels of fitness to improve strength, endurance and flexibility. The class alternates between low impact aerobic movements to strength workouts improving lower and upper-body strength. Morning Movers is a Silver Sneakers Circuit Level class, but you don't have to be enrolled in Silver Sneakers to participate. Build cardio endurance and burn calories, while improving quality of life.

### YOGA: PUNCH CARD

**MONDAYS, 6:00 – 6:45pm**

Come enjoy a style of yoga where the breath is linked to movement. This class will direct attention to alignment, will build flexibility, balance and strength. This is a guided class with centering, gentle warm up, sun salutations, standing poses, gentle backbends, twists, cool down, and savasana. The class is suitable for students at all levels.

### INTERVAL TRAINING: PUNCH CARD

**TUESDAYS, 9:00 – 9:45am**

Simple and traditional strength exercises that will improve your overall strength and posture. This total body workout is great for improving your upper and lower body's strength, balance, coordination, and power. Exercises can be performed seated and/or standing.

### CHAIR YOGA: PUNCH CARD



**WEDNESDAYS, 10:00 – 10:45am**

Want to improve strength, flexibility and tone? Chair Yoga is the perfect place to get started. Val will lead you through a comprehensive routine designed to strengthen you muscles. This class is safe and appropriate for all fitness levels and abilities.

### MACHO MAN: PUNCH CARD

**WEDNESDAYS, 1:00 – 1:45pm**

Increase your strength, balance, flexibility and coordination through a series of strength exercises. Start building muscle with various exercise equipment that will work back, chest, arms, legs, and core. Finish your workout with customized stretching to loosen over-worked and tight muscles. All exercises can be performed seated and/or standing and all levels are welcome.

### CARDIO STRENGTH: PUNCH CARD

**THURSDAYS, 9:00 – 9:45am**

Bring your energy for some cardio burst intertwined with traditional strength training exercises. This is a great beginner class to incorporate some cardio into your day that raises your heartrate to improve your overall endurance. This class consist of a 10 minute warm up, 20 minutes of cardio and strength, and 15 minutes of a seated cool down with core.

### STRICTLY SITTING: PUNCH CARD

**THURSDAYS, 10:00 – 10:45am**

This seated therapy class will include functional movement at a slower pace through mindfulness, repetition, sequencing and variation to improve cognitive function for daily activities. Strength and flexibility exercises help with hand/eye coordination and balance.

### RESTORATIVE YOGA: PUNCH CARD

**FRIDAYS, 10:00 – 10:45am**

Restorative Yoga is a style of yoga that uses yoga props - bolsters, blankets, blocks and straps to make all yoga poses gentle and accessible to everyone. The goal of restorative yoga is to bring balance to body and mind. Restorative Yoga helps with emotional and physical stress as well as improving immunity, lowering blood pressure, increasing flexibility and overall wellness.

**Want to continue your journey to being healthy? Join Laura Burke for nutritional Snack & Chats...  
 see page 19 for details.**

## ***DINE-IN OR CURBSIDE PICK-UP LUNCHES***

### ***Enjoy delicious home-made lunches***

Call or email us at 847-438-9160/jimd@elatownship.org to order by **5:00pm** Thursday of the prior week. All lunches are \$6.00 and are picked up curbside or served in person at 11:30am.

All lunches have **DESSERT. All ordered lunches must be paid for.**

***Guests must indicate dine-in or to go at time of ordering and CANNOT switch.***

***DUE TO MARKET COSTS; \$1 EXTRA FOR GLUTEN FREE REQUESTS***

**Mon, 1/2 CENTER CLOSED**

**Tue, 1/3** Chili Loaded Baked Potato, Salad

**Wed, 1/4** French Onion Soup, Bread

**Thu, 1/5** Pecan Crusted Whitefish, Roasted Veggies

**Fri, 1/6** Beef Pot Pie, Fresh Fruit

**Mon, 1/9** Bacon Potato Corn Chowder, Biscuits

**Tue, 1/10** Korean Beef Tacos, Red Cabbage Slaw

**Wed, 1/11** Mushroom Sauced Pork Chops, Mashed Potatoes

**Thu, 1/12** **Chicken Piccata, Salad**

**Fri, 1/13** Pork Stir Fry over Rice, Sesame Slaw

**Mon, 1/16 CENTER CLOSED**

**Tue, 1/17** **Bistro Turkey Sandwiches**

**Wed, 1/18** **Eating Around the World**

**Thu, 1/19** Chicken Enchiladas, Spanish Rice

**Fri, 1/20** Chicken Parmesan over Pasta, Salad

**Mon, 1/23** Bisto Beef BBQ Sandwich, Sweet Potato Fries

**Tue, 1/24** **Ravioli w/Chicken Sausage, Garlic Bread, Salad**

**Wed, 1/25** Chicken Etouffee with Rice, Cornbread

**Thu, 1/26** Salmon over White Rice, Roasted Veggies

**Fri, 1/27** **NO LUNCH — LUAU**

**Mon, 1/30** Baked Lemon Chicken, Cauliflower Rice

**Tue, 1/31** Lasagna, Garlic Bread, Caesar Salad

**Wed, 2/1** BBQ Meatloaf, Roasted Veggies

**Thu, 2/2** **Breaded Pork Tenderloin, Polenta**

**Fri, 2/3** Mushroom Risotto, Salad

**Mon, 2/6** Beer Brats, Baked Beans

**Tue, 2/7** Swedish Meatballs, Egg Noodles, Citrus Salad

**Wed, 2/8** Eggplant Parmesan, Caesar Salad

**Thu, 2/9** Chicken Marsala over Rice, Veggies

**Fri, 2/10** Bacon Cheeseburger with Chips

**Mon, 2/13** Ham & Potato Hash, Salad

**Tue, 2/14** **Baked Ziti, Garlic Bread, Roasted Veggies**

**Wed, 2/15** Jambalaya, Fresh Fruit

**Thu, 2/16** Beef & Wild Rice Soup, Biscuit

**Fri, 2/17** **NO LUNCH — WINE PAIRING DINNER**

**Mon, 2/20 CENTER CLOSED**

**Tue, 2/21** Tuna Salad Croissant, Winter Berry Salad

**Wed, 2/22** Braised Pork Tenderloin, Polenta

**Thu, 2/23** Hot Brown Sandwich, Roasted Veggies

**Fri, 2/24** Butter Chicken, Lentils and Rice

**Mon, 2/27** Fettucine Alfredo, Caesar Salad

**Tue, 2/28** **Tortilla Soup, Creamy Corn Salad**

**Wed, 3/1** Curry Chicken & Rice, Roasted Veggies

**Thu, 3/2** **Pulled Pork, Chips & Pickle**

**Fri, 3/3** Turkey Skillet Hash, Cheddar Biscuits

**Mon, 3/6** Chicken Florentine Panini, Pasta Salad

**Tue, 3/7** **Sloppy Joes, Mac & Cheese**

**Wed, 3/8** Sun Dried Tomato Grilled Cheese, Pasta Salad

**Thu, 3/9** Veggie Stuffed Pepper, Salad

**Fri, 3/10** **NO LUNCH — ST. PATRICK'S DAY PARTY**

**Mon, 3/13** Basil Chicken Sandwich, Salad

**Tue, 3/14** Salisbury Steak, Potato Mash

**Wed, 3/15** Fish Tacos, Chips & Salsa

**Thu, 3/16** Veggie & Hummus Stuffed Pita, Fresh Fruit

**Fri, 3/17** Shepherd's Pie, Salad, Roll

**Mon, 3/20** BBQ Meatloaf, Baked Beans

**Tue, 3/21** Chicken and Dumpling Casserole

**Wed, 3/22** **Eating Around the World**

**Thu, 3/23** Lemon Pepper Whitefish, Salad

**Fri, 3/24** Hawaiian Turkey Burgers, Sesame Salad

**Mon, 3/27** Chicken Gyros, Greek Salad

**Tue, 3/28** **Mojito Pulled Pork, Cole Slaw**

**Wed, 3/29** Portobello Melts, Sweet Potato Fries

**Thu, 3/30** Sailor's Pie, Sauteed Green Beans

**Fri, 3/31** Tomato & Gnocchi Soup, Garlic Bread

***Have some time you can spare?***

***We are looking for kitchen volunteers.***

### **Eating Around The World**

*Join us for these casual lunches to enjoy foods from around the world, and friends from around the corner.*

#### ***Chinese Cuisine***

Wednesday, January 18, 12:00—1:00pm

**Fee: \$10 Resident/ \$15 Non — Resident**

#### ***Italian Cuisine***

Wednesday, March 22, 12:00—1:00pm

**Fee: \$10 Resident/ \$15 Non — Resident**

# LUNCH & LEARNS

**Tuesdays 11:30am — 1:00pm**

**HAVE A DELICIOUS HOMEMADE LUNCH AND THEN BE ENTERTAINED AND ENLIGHTENED.**

**Fee per session: \$12 Resident/\$17 Non-Resident**

**Price includes lunch**

**Participants must register one week prior**

## January

**Alex Trebek**

Jim Gibbons

**January 17**

*Alex Trebek was a Canadian-American television gameshow host and personality whose energy and enthusiasm brought joy to many Americans. Learn about his life and career both in front of and behind the cameras.*



**Julia Child**

Lynn Rymarz

**January 24**

*Julia Child discovered her passion for French food in her late thirties. In this first-person portrayal, explore Julia's struggles and successes as she develops her own cookbook and television show through author Lynn Rymarz.*



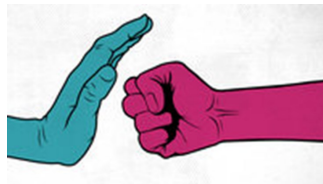
## February

**Why We Hate & How We Forgive**

Jim Dalbec

**February 14**

*We will examine the causes and consequences of hate, ways to combat hate, and how to overcome it on a daily basis. We'll also look at forgiveness, how some people are capable of incredible mercy, and how to properly apologize.*



**What is a POA?**

North Suburban Legal Aid

**February 28**

*A Power of Attorney in Illinois gives another person (the "agent") an ability to make health care or financial/property decisions on your behalf if you (the "principal") become incapacitated or unable to make decisions on your own.*



## March

**4 Years That Changed America**

Gary Midkiff

**March 7**

*Join Professor Gary Midkiff for a presentation about 1789, 1865, 1933 and 1968. Gary will explain the exceptional events that happened during these years and why they have had such lasting impact.*



**Ruth Bader Ginsberg**

Jim Gibbons

**March 28**

*Supreme Court Justice Ruth Bader Ginsburg was a woman who knew you had to initiate change yourself. An inspiration to many, her strong will, persistence, and influential role in women's rights led her to become an icon to many Americans.*



# LUNCH & MOVIES

**Thursdays 11:30am — 2:00pm**

**Fee: \$9 Resident/ \$14 Non-Resident**

*Join us for our delicious homemade lunch and then enjoy a movie on our big screen.*

**You must be signed up at least one week in advance.**



**January 12: See How They Run  
Chicken Piccata and Salad**

*In 1950s London, when a world-weary inspector and an eager rookie constable take on the case, they find themselves thrown into a puzzling whodunit within the glamorously sordid world of underground theater, investigating the mysterious homicide at their own peril.*

**February 2: La La Land  
Breaded Pork Tenderloin and Polenta**

*Sebastian and Mia are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.*

**March 2: DOG  
Pulled Pork, Chips & Pickle**

*With a dog named Lulu, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, and learn to let down their guards to have a fighting chance of finding happiness.*



Ela University is our effort to further engage our Members. These are classes including (but not limited to): Learning a Foreign Language, History, Photography, Psychology, Science, Playing an Instrument, Writing, and many others. Classes may be held weekly, biweekly, or monthly. Instructors will be either staff, professional instructors, or volunteers.

**NO EXAMS....NO GRADES...NO PRESSURE**

### **The Road to Happiness**

**Wednesdays: 10:00 – 11:00am**

This 8-week course is a shortened version of the most popular class ever taught at Yale University, “Psychology and the Good Life.” Join Jim as we explore what new results in psychological science teach us about how to be happier, how to feel less stressed, and how to flourish more. We’ll then have a chance to put these scientific findings into practice by building the sorts of habits that will allow us to live a happier and more fulfilling life.

#### **Meeting Dates**

- February 1 : Week #1**
- February 8: Week #2**
- February 15: Week #3**
- February 22: Week #4**
- March 1: Week #5**
- March 8: Week #6**
- March 15: Week #7**
- March 22: Week #8**



**Fee For Entire Course:** \$10 Resident/\$ 20 Non-Resident

Participants are encouraged to attend all sessions. Registration is Required. No Pro-Rating

### **Tips and Tricks of Gluten Free Eating and Cooking**

Are you Gluten Free and suffering from lack of flavor? Don’t know where to shop? How to cook? How to bake? Join Susan Dillon (Gluten Free for over 10 years) as she shares tips and tricks to surviving a Gluten Free Life! There will be tasty gluten free items for each session.

- Monday, January 23**
- Monday, February 27**
- Monday, March 20**
- 1:00– 2:00pm**

**Fee For Entire Course:** \$10 Resident/\$ 20 Non-Resident

Registration is Required. No Pro-Rating



## **CARDS & BINGO**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>THURSDAY</b>
<b>CANASTA</b> 10:00–11:30am <b>OPEN FOR ALL</b>	POKER 9:00–11:00am PINOCHLE 10:00–11:30am BRIDGE 12:00–3:00pm <b>GAMES OPEN FOR ALL</b>	BINGO 12:00–1:30pm  <b>OPEN FOR ALL</b>

**PARTICIPANTS MUST REGISTER FOR ALL GAMES**

# THINK TANK



## Open Discussions

**Mondays, 12:00 — 1:00pm**

Each month members watch a brief documentary on their own and then join Jim Dalbec to have open, honest discussions. Topical, sometimes controversial issues are covered; from Mental Health to Racism to Pollution.

**January 9:** Gender Fluidity and Transgenderism

**February 6:** Artificial Intelligence

**March 6:** Elon Musk: Superhero or Supervillain?

**No Fee      Registration is required.**

## TED Talks: Talks to Stir Your Curiosity

**Mondays, 11:00 — 11:30am**

Join us each session to listen and watch these modern day innovators.

January 23: **On Being Wrong**, Kathryn Schulz

February 13: **Everyone Around You Has a Story The World Needs to Hear**, Dave Isay

March 13: **The Sibling Bond**, Jeffrey Kluger

**TED Talks** are videos that present a great idea in 18 minutes or less. **TED** is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

**Fee: \$3 Resident/ \$5 Non—Resident**



## Reel Talk

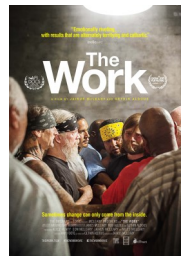
*Flex your mental muscle as together, we take in a documentary followed by a round table discussion. Documentaries will cover a variety of topics no longer than 90 minutes, immediately followed by time for dissection and discussion.*

**Fee for Each: \$3 Resident/\$5 Non—Resident    Price is per session**

### The Work

**Wednesday, January 25, 12:00 — 2:00pm**

Set entirely inside Folsom Prison, this acclaimed fly-on-the-wall documentary follows three men during four days of intensive group therapy with convicts, revealing an intimate and powerful portrait of authentic human transformation that transcends what we think of as rehabilitation.



### Fire of Love

**Wednesday, February 15, 12:00 — 2:00pm**

Katia and Maurice Krafft loved two things — each other and volcanoes. For two decades, the daring French volcanologist couple roamed the planet, chasing eruptions and documenting their discoveries. Ultimately, they lost their lives in a 1991 volcanic explosion. FIRE OF LOVE follows two bold explorers as they venture into the unknown, unraveling the mysteries of volcanoes by capturing the most explosive imagery ever recorded.



### Lucy and Desi

**Wednesday, March 15, 12:00 — 2:00pm**

Lucy and Desi explores the unlikely partnership and enduring legacy of one of the most prolific power couples in entertainment history. When Lucille Ball was finally granted the opportunity to have her own television show, she insisted that her real-life spouse, Desi Arnaz, be cast as her husband. Defying the odds, they re-invented the medium both on the screen and behind the cameras. What Lucy and Desi couldn't make work with each other, they gave to the rest of the world.



# CLASSES & CLUBS



## Lifestory Writing

Wednesdays: January 18, February 15, March 15

10:00 – 11:30am

Preserving your stories can record family memories that might otherwise be lost. You can learn new insights about your family, not to mention the benefits of cognitive function and the joy of reliving some of your life's moments.

Join the NEW revamped Lifestory Writing to dedicate time and effort into preserving life's events, big or small, for your benefit or your loved ones. Don't worry about grammar, deadlines or significance. This is your chance to stop putting off writing your stories.

**Fee: \$5 Resident / \$10 Non – Resident (Per Month) Registration is required.**

## Guitar Club

2nd and 4th Tuesdays

1:00 – 2:00pm

The Guitar Group meets the 2nd and 4th Tuesdays of the month to sing, play guitar together and develop our guitar skills. Newcomers are welcome if they have their own guitar. Anyone is welcome to just sit in and listen

**No Fee**

## Art Club

Tuesdays

10:00 – 11:15am

Feeling creative? Come join our Art Group. We meet weekly, no experience necessary. Painting and drawing, watercolors, acrylics, pastels, colored pencil, charcoal, and more. Sandra Peek is our resident artist and Jerry Gagnon is our resource man. We have supplies on hand to get you going. If you are looking for people who happily share talents, to teach or learn, come join us.

**No Fee**

## Ukulele Club

1st and 3rd Tuesdays

1:00 – 2:00pm

We meet weekly to sing and play ukuleles together, and to develop our ukulele skills. All skill levels are welcome, just bring your own ukulele. You are welcome to sit in on any of our meetings to see if you'd like to join our fun and friendly group!

**No Fee**

## Open Ping Pong

Fridays

1:00 – 2:00pm

Snow on the tennis court? No problem. Bring your racquet skills and hone in on your hand-eye coordination with the quick paced game of Ping Pong.

**GYM SHOES REQUIRED No Fee.**



## Tech Help: Full Photo Storage on my Devices

Thursday, January 26

1:00 – 2:00pm

Do you have a lot of pictures on your phone or tablet? Are you getting messages that you are low on storage or it's completely full? You can finally eliminate the warnings! Learn the best practices for photo storage and back up, as well as photo sharing sites and apps (works for Apple and Android devices). Come with your questions and fully charged device(s) to class.

**Fee: \$5 Resident/\$10 Non-Resident Registration is required**



**CENTER CLOSED JANUARY 2, JANUARY 16, JANUARY 20**



# PROGRAMS & CLASSES



## **First Fridays Club**

*Time to connect with people and build friendships. Join us the first Friday of each month for a new way to connect with others. Calling all of our single folks! Single/divorcees/widows and widowers; this is for you!*

### **Planning for 2023**

**Friday, January 6 6:00 – 8:00pm**

Join us for dinner and planning out what we want to do as a group for 2023!

**Fee: \$12 Resident/\$15 Non-Resident**

### **Meet at the Movies – You Pick**

**Friday, February 3 1:00 – 3:00pm**

Century Theater 21600 W Field Pkwy, Deer Park, IL 60010

Let's see a movie, meet up at 1pm and choose the movie then.

**Self Pay** Registration is required.



### **Chessie's Restaurant for Fish Fry**

**Friday, March 3 5:00 – 7:00pm**

200 Applebee Street, Barrington, IL

**Self Pay** Registration is required.



### **Donuts with the Director**

**Wednesday, February 8**

**9:00 – 9:45am**

Join Director Susan Dillon to exchange ideas, and eat donuts! This is an open round table discussion...very informal.

**No Charge**

**Registration is required.**

## **Lake County Forest Preserve Presents....**

*Join us to enjoy a variety of history and environmental based programs taught by the Environmental Education staff and Dunn Museum Education staff of the Lake County Forest Preserve.*



### **Habitat Guide to Birding**

**Tuesday, January 10 Noon– 1:00pm**

You can find bobolink, cranes, and warblers if you know where to look. This presentation reveals the lives of birds, how habitat is important, and why your Lake County Forest Preserves are crucial to their continued success in our area.

**Fee: \$5 Resident/\$10 Non-Resident**      **Registration is required.**

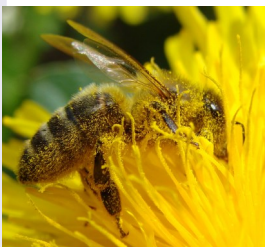


### **Coyotes and Other Canines of Lake County**

**Tuesday, February 21 Noon– 1:00pm**

Learn about the natural history and special adaptations of coyotes and other canines through experiences with natural artifacts.

**Fee: \$5 Resident/\$10 Non-Resident**      **Registration is required.**



### **Planting for Pollinators**

**Tuesday, March 21 Noon– 1:00pm**

Discover the challenges our native pollinators are facing and how home gardeners can support them through plant choice, garden design and sustainable maintenance practices.

**Fee: \$5 Resident/\$10 Non-Resident**      **Registration is required.**

# PROGRAMS & CLASSES

**Handknit Chunky Lap Blanket**  
**Tuesday, February 28**  
**2:00 – 3:30pm**



Looking for a cozy throw? Make your own, we will teach you how to make these trendy blankets. Easy step by step instructions. All supplies are provided.  
**Fee: \$40 Resident/\$45 Non-Resident**  
**Sign up at least one week in advance.**



**Senior First Aid**  
**Thursday, March 9**  
**Noon – 3:00pm**

Do you feel comfortable in an emergency situation? Would you be able to recognize if your spouse or family member was showing symptoms of a heart attack or stroke?

Become certified in First Aid, CPR, and using an AED. You will learn hands on training by practicing techniques such as the Heimlich Maneuver, applying pressure to and treating wounds, recognizing signs of a stroke, heart attack or heat related illnesses, and responding to numerous other everyday incidents that may occur. Participants will all receive a Red Cross First Aid reference guide to take home.

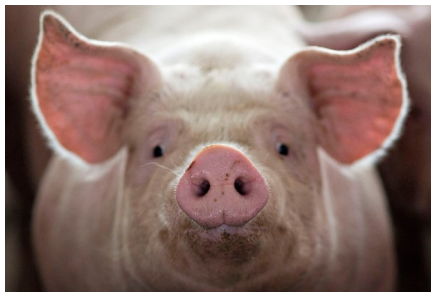
**Completion of this class results in the participant being certified in American Red Cross First Aid, CPR, and AED for adults and children.**

**Registration is required, Limit First 8 Participants**  
**Fee: \$40 Resident / \$50 Non – Resident**

# EVENING PROGRAMS

**Wild Boar to Bacon Fest:**  
**Pigs in History & Popular Culture**  
**Friday, January 20**  
**6:00 – 7:00pm**

Pork, the most commonly eaten meat in the world, has a history with humans that goes back more than 12,000 years. From the invention of sausage by the Assyrians and bacon by the Celts to the creation of such American icons as barbecue and hot dogs, pig has long dominated the menu for all but a few notable people groups. Celebrated at fairs and looked to for medical research, pigs offer culinary delight and potential promise but also create some challenges. So the topic is as far-ranging as the pigs themselves.



**Fee: \$5 Resident/  
 \$10 Non-Resident**



**Music Reel Talk**

*Together we will watch a musical documentary, montage or concert and reminisce and discuss afterward*  
**Tuesdays 6:00 – 8:00pm**

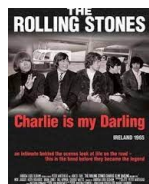
**January 17**  
*Festival Express-Joplin, Grateful Dead, The Band and More.*



**February 21**  
*The Great American Songbook*



**March 14**  
*The Rolling Stones-Charlie is My Darling*



Join us for a night of music, memories and good fun!  
**Fee: \$3 Resident/ \$5 Non-Resident**

**Ice Cream with the Director**

**Monday, February 27**  
**5:30 – 6:00pm**

Have some ice cream, discuss ideas, issues and opinions about the Ela 55+ program.

**No Charge**

**Registration is required.**



**CENTER CLOSED JANUARY 2, JANUARY 16, FEBRUARY 20**

# EVENING PROGRAMS

## CRAFTS

### Homemade Ice Cream Sauces

Tuesday, January 24  
5:00 – 7:00pm



Need a hostess gift or having an sundae bar? We have the class for you! You will learn to make salted caramel, hot fudge, and peanut butter sauce to top ice cream or other desserts. You will take all three home in decorative pots.

**Fee: \$25 Resident/\$30 Non-Resident**  
**Sign up at least one week in advance.**

### Interchangeable Welcome Sign

Tuesday, March 28  
5:00 – 7:00pm



Create a porch sign that has an interchangeable seasonal design. You will hand paint wooden shapes to make your sign unique.

**Fee: \$25 Resident/\$30 Non-Resident**  
**Sign up at least one week in advance.**

## SNACK & CHATS

**Wednesdays 6:00 – 7:00pm**  
**HAVE A DELICIOUS HEALTHY SNACK WHILE YOU LEARN ABOUT VARIOUS HEALTH & WELLNESS TOPICS.**

**Fee per session: \$9 Resident/\$12 Non-Resident**  
**Participants must register one week prior**



### Healthy Eating vs. Fad Diets

January 25

If losing weight has ever been a goal, you've probably looked into or heard about fad diets. While many of these diets promise quick results, they aren't always good for your body. Rather than changing your entire meal routine with a fad diet, Registered Dietitian Nutritionist Laura Burk offers sustainable tips for healthy eating that can help you form long-lasting positive habits.



### Heart Healthy

February 15

Nutrition for your overall health can be overwhelming, time consuming, and challenging. Join Laura Burk, MPH, RDN, LDN, personal trainer to learn 10 simple steps that you can do starting today that will improve your heart health. These simple nutrition tips and recipes will not only improve your heart health but also your mood, your energy, and your mindset to become more healthy.



### National Nutrition Month

March 15

National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. Laura Burk, registered Dietitian, will help you develop and stick with a healthy eating plan.



### Shake, Rattle, and Roll with BUNCO!

Thursdays, January 26, February 23, March 30  
6:00 – 7:30pm

Come and have some FUN! FUN! FUN! One Thursday a month. We will have a cash bar with Beer and Wine, a Sweet Table, and most importantly CASH PRIZES. Bring your friends and Party Bunco Style! We will change partners every round, this will give you a chance to socialize with EVERYONE. Cash prizes for 1st and 2nd places; and of course, there will be a boobie prize for the lowest score. Prizes based on number of attendees. Don't know how to play, don't worry, it's easy we will teach you.

**Fee: \$5.00/ Pay with Registration Required. No Refunds**

# FRIDAY FUN NIGHTS

## Virtual Wine Tasting: California Dreaming

Friday, January 13

6:00 – 7:00pm



Whether you will be joining us to California this April, or just enjoy tasting different wines, this is the event for you. Pick up your boxes filled with goodies and wine at 2:00pm at the Ela Township Community Center and then join us at 6:00pm as we cheer on the holidays with our special selection of wines and tasty spread.

Enjoy Apples & Pears with Almond Butter with Chardonnay; Spicy Cotija Popcorn with Zinfandel; Feta Caprese with Pinot Noir; and finally Mini Cheesecake with Sauvignon Blanc.

**Fee: \$15 Resident/\$25 Non—Resident      Register by January 6**



## Winter Luau

Friday, January 27

6:00 – 8:00pm

Grab your grass skirt, ukulele and coconuts and stroll over to the Ela Township Community Center for a luau. Enjoy a delicious luau dinner and dessert followed by a mesmerizing show!

*Tropical Spinach Salad , Hawaiian Fried Rice, Pina Colada Pork with Pineapple, Tropical Sweet Potatoes, Dessert: Chef's Choice*

Check out all of the night's specialty drinks at our cash bar!

**Fee: \$30 Resident / \$40 Non—Resident**

**Alert us of any food allergies at sign up.**

**Register by January 20.**



## 8th Annual Wine Pairing Dinner

Friday, February 17

6:00 – 8:00pm

### 4 Courses & 5 Wines:

*Beef Crostini with Fresh Horseradish*

*Pear Salad with Balsamic & Walnuts*

*Miso Salmon over Lemon Parmesan Risotto*

*Chocolate Panna Cotta with Fresh Raspberries*

***Fine dining, delicious wines, great friends.***

**Fee: \$30 Resident/\$40 Non—Resident**

**Register by February 10**



## St. Patrick's with Small Batch Duo

Friday, March 10

6:00 – 8:00pm

Enjoy traditional Irish grub with great authentic Irish music.

**Menu: *Corned Beef with Cabbage, Carrots & Potatoes, Irish Soda Bread & Bailey's Irish Cream Cheesecake***

**Cash Bar**

**Fee: \$15 Resident/\$25 Non—Resident**

**Register by March 3**

# TRAVEL

## Armchair Travel

**Svalbard: Norway's Arctic Archipelago**

**Monday, January 30**

**1:00—2:30pm**



View the bleak beauty of peaked mountains, icy blue-white glaciers, and colorful tundra sporting tiny plants blooming over permafrost in this pristine land of midnight sun located midway between Norway and the North Pole. Take a peek at Svalbard's wildlife, and hear stories of the whalers, hunters & trappers, miners, and adventurers from around the world—all bitten by the arctic bug—who tested their mettle against the long, cold polar night, scarcity, and hardship long before this became an accessible wilderness tourist destination.

**Fee: \$5 Resident / \$7 Non—Resident**

## Stress-Free Traveling

**Wednesday, March 8**

**1:00 — 2:00pm**



If you have traveled with Ela 55+ chances are you have been accompanied by Lisa or Susan. Sign up to find out the tricks, shortcuts and technology out there to make your traveling experience as stress free as possible. From early check in on apps, to packing cubes, luggage scales and compression socks, this class will cover it all.

***If coming for the apps, arrive with a fully charged device...and know your passwords.***

**Fee: \$5 Resident/\$7 Non—Resident  
Sign up at least one week in advance.**

## 2023-2024 LONG DISTANCE TRAVEL

### WHY GROUP TRAVEL?:

- \* Safety
- \* Professionally Guided
- \* Airport Transfers
- \* Comradery
- \* Details are covered
- \* Quality Insurance
- \* Arranged Admissions
- \* Value
- \* Company Experience
- \* Cultural Experiences
- \* Peace of Mind
- \* Provided Technology

### Long Distance Travel and Informational Meetings

**REGISTRATION IS REQUIRED FOR ALL INFORMATION MEETINGS!**

#### CALIFORNIA DREAMIN'

April 30 — May 9, 2023

**Information Meeting:** Monday, January 23 at 6:00pm

#### Ladies Only: Harbor County Michigan

May 23 — 25, 2023

**Information Meeting:** Monday, February 6 at 6:00pm

#### ALASKA: AMERICA'S LAST FRONTIER

August 24 — September 4, 2023

**Information Meeting:** Monday, January 23 at 6:00pm

#### SPOTLIGHT ON SAN ANTONIO CHRISTMAS

November 30 — December 4, 2023

**Information Meeting:** Monday, January 23 at 7:00pm

#### SOUTHERN CHARM:

Late February, 2024

**Information Meeting:** Monday, January 23 at 7:00pm

#### EXPLORING BRITAIN & IRELAND: FEATURING ENGLAND, IRELAND, SCOTLAND & WALES

June 2024

**Information Meeting:** Monday, January 23 at 7:00pm

**CENTER CLOSED JANUARY 2, JANUARY 16, FEBRUARY 20**

# LONG DISTANCE TRAVEL

## California Dreamin'

Monterey, Yosemite, Napa & San Francisco

April 30–May 9, 2023

**INFORMATION MEETING MONDAY, JANUARY 23 AT 6:00PM**

For more information or to ask any questions,  
please contact Susan Dillon



**Double \$3899 Per Person Single \$4899**

A natural paradise since time began, Yosemite National Park is a treasure of the American West. From towering sequoias to peaceful meadow valleys, soaring peaks and thundering waterfalls, there isn't one inch of this 1,200 square mile park that won't leave you in awe. During our extension in San Francisco, I have arranged for a special day trip to Muir Woods National Monument to see the infamous redwoods.



- Monterey
- Yosemite Nat'l Park
- Lake Tahoe Cruise
- Vineyard Tour
- Scenic 17-Mile Drive
- Sacramento
- Napa Valley
- San Francisco

## Ladies Only: Harbor Country Michigan

**Ela 55+ Exclusive Trip**

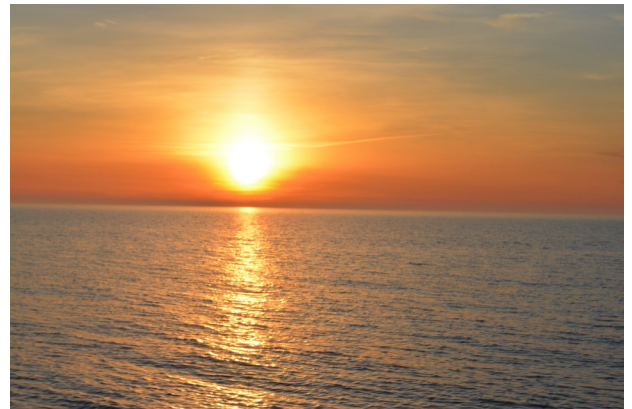
May 23–25, 2023

**INFORMATION MEETING MONDAY, FEBRUARY 6 AT 6:00PM**

We will be packing in the fun in our usual manner. Three days filled with food, wine, shopping, chatting and tons of laughter.

This trip fills quickly so please register for information meeting and sign up.

**Single \$585 Resident/\$635 Non-Resident**  
**ALL GRATUITIES INCLUDED**



- Union Pier
- Winery Tours
- Holland
- All -Single Occupancy
- Deluxe Motorcoach
- Wine Tastings
- Saugatuck
- Historic Mansion Tour
- Catered Breakfasts
- Landmark Inn
- Sawyer Market
- Lake Michigan Views

## Alaska: America's Last Frontier + Added Exclusive Ela 55+ Adventure

August 24–September 4, 2023

**INFORMATION MEETING MONDAY, JANUARY 23 AT 6:00PM**

For more information or to ask any questions,  
please contact Susan Dillon



**Double \$6,098 Per Person Single \$7,498**

**Ela 55+ Exclusive 4 Day Extension**  
**Double \$995 Per Person Single \$1425**



- Fairbanks
- Wilderness Tours
- Seal/Otter Spotting
- Local Dinners
- Gold Mining History
- Talkeetna
- Alaskan Wildlife Boardwalk
- Musk Ox Farm
- Pipeline Education
- Glacier Hike
- Native Heritage Center
- Flights Included
- Great Alaskan Railway
- Seward
- Anchorage
- Denali National Park
- Whale Watching
- Free Time to Explore

# LONG DISTANCE TRAVEL

## Spotlight on San Antonio Holiday

November 30–December 4, 2023

5 Days 4 Nights 5 Meals

**INFORMATION MEETING MONDAY, JANUARY 23 AT 7:00PM**

Double \$2,498 Per Person Single \$2,898

*For more information or to ask any questions,  
please contact Susan Dillon*

- Fredericksburg German Settlement
- El Mercado
- Cruise the Paseo del Rio
- Visit The Alamo
- Tour San Antonio



## Southern Charm: Featuring Charleston, Savannah & Jekyll Island

March 10 - 16, 2023

**INFORMATION MEETING MONDAY, JANUARY 23 AT 7:00PM**

Double \$3,749 Per Person Single \$4,749

*For more information or to ask any questions,  
please contact Susan Dillon*

- Trolley Tour of Savannah's Sprawling Historic District
- Visit St. Simon's Island
- Cruise the Paseo del Rio
- Cruise the Golden Isles
- Get to Know Charleston
- Enjoy an Historic Charleston Carriage Ride with Lunch



## Exploring Britain & Ireland: Featuring England, Ireland, Scotland & Wales

June 2024

15 Days \* 20 Meals

*For more information or to ask any questions,  
please contact Susan Dillon*

**INFORMATION MEETING MONDAY, JANUARY 23 AT 7:00PM**

- Mysterious Stonehenge
- Jaunting Cart in Killarney
- Scottish Whiskey Dinner
- Evening of Traditional Irish Song & Dance
- Tour York's Minister
- Enjoy an Ale Tasting in Yorkshire
- Afternoon Tea in London
- Evening of Welsh Music, Poetry & Cuisine
- Overnight within Medieval walls in York
- Visit a Traditional Scottish Farm
- Experience the Ring of Kerry
- Explore London & Dublin



**CENTER CLOSED JANUARY 2, JANUARY 16, FEBRUARY 20**









## JANUARY 2023

2 CENTER CLOSED	3 Alzheimer's Support	4	5	6 First Fridays
9 Open Discussions	10 Habitat Guide to Birding	11 Parkinson's Support	12 Lunch & Movie Ela Board Meeting	13 COVID Booster Clinic Virtual Wine Tasting
16 CENTER CLOSED	17 Lunch & Learn Music Reel Talk	18 Eating Around World Lifestory Writing What's New in 2023?	19 Vault 232	20 Death Café Wild Boar to Bacon Fest
23 Gluten Free Eating TED Talk Info Meetings	24 Lunch & Learn Craft	25 Reel Talk Milwaukee Day Trip Snack & Chat	26 Photo Storage BUNCO!	27 WINTER LUAU
30 Armchair Travel	31			

## FEBRUARY 2023

		1 Road to Happiness	2 Lunch & Movie	3 First Fridays
6 Open Discussion Ladies Only Info Meeting	7 Alzheimer's Support	8 Donuts with the Director Road to Happiness Medicare 2023 Parkinson's Support	9 Ela Board Meeting	10 Pillow Making Workshop ST. PAT'S PARTY
13 TED Talk	14 Lunch & Learn	15 Road to Happiness Reel Talk Lifestory Writing Snack & Chat	16	17 WINE PAIRING DINNER
20 CENTER CLOSED	21 Coyotes and Other Canines Music Reel Talk	22 Road to Happiness Cooper's Hawk	23 BUNCO!	24 Men's Trip
27 Gluten Free Eating Ice Cream with Director	28 Lunch & Learn Craft			

## MARCH 2023

		1 Road to Happiness	2 Lunch & Movie	3 First Fridays
6 Open Discussions	7 Lunch & Learn Alzheimer's Support	8 Road to Happiness Stress-Free Traveling Parkinson's Support	9 Senior First Aid Ela Board Meeting	10 ST. PAT'S PARTY
13 TED Talk	14 Men's Trip Music Reel Talk	15 Road to Happiness Reel Talk Lifestory Writing Snack & Chat	16 Mambo Italiano	17
20 Gluten Free Eating	21 Planting for Pollinators	22 Road to Happiness Eating Around World	23	24 ELA ART SHOW
27	28 Lunch & Learn Craft	29	30 BUNCO!	31

**Ela Township 55+**  
**380 Surryse Road**  
**Lake Zurich, IL 60047**

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## **Ela Township Contacts**

### **Ela Township Community Center**

*Susan Dillon, Community Programs Director*

susand@elatownship.org

847-438-9160

*Jim Dalbec, Assistant Director*

jimd@elatownship.org

847-438-9160

*Joseph Cacciatore, Youth Coordinator*

youth@elatownship.org

*Lisa Gaggiano, Senior Resource Specialist*

lisag@elatownship.org

*Laura Kulawik, Senior Resource Specialist*

laurak@elatownship.org

### **Ela Township Town Hall (Supervisor/Clerk Office)**

1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-7823

Ted Marciniak, Township Manager

### **Ela Township Assessor's Office**

1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-8370

### **Ela Township Highway Department**

23605 Echo Lake Rd, Lake Zurich, IL. 60047 | 847-438-2371

### **Ela Health & Wellness**

1155 E. Route 22, Lake Zurich, IL. 60047 | 847-540-8380

### **Ela Township Youth Services**

380 Surryse Road, Lake Zurich, IL. 60047 | 847-438-9160

### **Ela Township Senior/Disabled Bus Service**

847-438-6677

### **Ela Historical Society & Museum**

95 E. Main Street, Lake Zurich, IL. 60047 | 847-438-2086

### **Ela Township Cemeteries**

847-204-3541

### **Ela Township Elected Officials**

Gloria Palmblad, Supervisor

Lucy Prouty, Clerk

Penny Herr, Assessor

Larry Bowman, Trustee

Joel Sikes, Trustee

Tosi Ufodike, Trustee

Laurie Wilhoit, Trustee



## **Mark Your Calendar**

» UPCOMING EVENTS

### ***COVID Booster Clinic***

Friday, January 13

### ***Milwaukee at its Best***

Wednesday, January 25

### ***Winter Luau***

Friday, January 27

### ***Wine Pairing Dinner***

Friday, February 17

### ***St. Patrick's Dinner***

Friday, March 10